



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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Governor Proclaims *Home Indoor Air Quality Month* in North Dakota

BISMARCK, N.D. – Governor John Hoeven has proclaimed October 2005 as *Home Indoor Air Quality Month* in North Dakota. The event is held to encourage North Dakotans to learn more about indoor air quality issues.

“Because people spend a great deal of time inside, maintaining a healthy indoor environment is important to the health of everyone,” said State Health Officer Terry Dwelle, M.D. “Becoming aware of indoor air quality issues is the first step in ensuring that our homes, businesses and public buildings have clean indoor air.”

In the last several years, a growing body of scientific evidence has indicated that indoor air may be more polluted than outdoor air. Other research indicates that many people spend about 90 percent of their time indoors. Thus, for many people, the risks to health may be greater from exposure to pollutants indoors than outdoors. In addition, people who may be exposed to indoor air pollutants for the longest periods of time are often those most susceptible to the effects of indoor air pollution. Such groups include the young, the elderly and the chronically ill, especially those who suffer from respiratory or cardiovascular disease.

Because of poor indoor air quality, many North Dakotans experience chronic or acute health effects. Many factors can contribute negatively to the quality of the air we breathe indoors, including lead dust, carbon monoxide, secondhand tobacco smoke, radon, asbestos, biological contaminants and even certain household products.

For more information about indoor air quality, contact Sandi Washek, North Dakota Department of Health, at 701.328.5188. Additional information may be found on the department’s website at www.health.state.nd.us/AQ.

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Please note: Proclamation follows.

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Visit the health department home page at www.ndhealth.gov.

**PROCLAMATION
HOME INDOOR AIR QUALITY MONTH
OCTOBER 2005**

WHEREAS, clean, healthy indoor air is important to everyone; and

WHEREAS, many North Dakotans spend a great deal of time indoors; and

WHEREAS, many factors negatively affect the quality of the air we breathe indoors, including radon, carbon monoxide, secondhand tobacco smoke, lead, asbestos and even certain household products; and

WHEREAS, many North Dakotans suffer chronic and acute health effects and economic burdens because of poor indoor air quality; and

WHEREAS, maintaining clean, healthy air benefits all citizens; and

NOW, THEREFORE, as the Governor of the State of North Dakota, I do hereby proclaim October 2005, **HOME INDOOR AIR QUALITY MONTH** in the State of North Dakota.

John Hoeven
Governor

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